

# Amesbury Council on Aging



## Resource Guide April 2015



### **Mayor Ken Gray**

Senior Community Center  
68 Elm St  
Amesbury, MA 01913  
978-388-8138  
Fax 978-388-8144

Mon-Fri 8a- 4p

Afterhours by apt.

[www.amesburyma.gov](http://www.amesburyma.gov)

#### **Director**

Annmary I. Connor, LICSW  
[connora@amesburyma.gov](mailto:connora@amesburyma.gov)

#### **Assistant Director**

Doreen Brothers, M.A. LSW  
[brothersd@amesburyma.gov](mailto:brothersd@amesburyma.gov)

#### **ACE**

Vanessa Kahrman  
[Kahrmanv@amesburyma.gov](mailto:Kahrmanv@amesburyma.gov)  
Katrina Rioux  
[riouxk@amesburyma.gov](mailto:riouxk@amesburyma.gov)  
Russell Darling  
[darlingr@amesburyma.gov](mailto:darlingr@amesburyma.gov)

#### **Volunteer Coordinator**

Jeanne Marie

#### **Activities Coordinator**

Vicky Sherwood  
Brandi Thompson

#### **N.E.E.T**

Mary Jo Sullivan  
x556

#### **Nutrition Program: MVNP**

Jennifer, Site Manager  
x549

#### **Public Health Nurse**

Cathy Vichill  
x547

### **Resources**

**Amesbury Housing Authority**  
978-388-2022

**Alzheimer's Association**  
1 800 272 3900

**American Consumer Credit  
Counseling**  
1-800-769-3571

**Community Action**  
978-388-2570  
M,T 9a-3p  
The 11a-6p

**Elder Services of Merrimack  
Valley**  
1-800-892-0890  
Meals on Wheels Ext 490

**FUEL ASSISTANCE  
(Community Action –Haverhill  
office)**  
978-373-1971

**Mass Save**  
1-866-527-7283

**Merrimack Valley – North  
Shore Legal Services**  
1-800-427-2521

**MVRTA**  
978-469-6878

**Northeast Independent Living  
Center**  
978-687-4288  
1-800-845-6457

**Our Neighbors' Table**  
978 388 1907

### **Resources**

**Veterans Agent**  
Kevin Hunt  
978 388 8136

**Town Departments**  
Clerks  
978-388-8100

DPW  
978-388-8116

Fire  
911  
978-388-1333

Library  
978-388-8148

Mayor  
978-388-8121

Police  
911  
978-388-1212

#### **Meetings**

COA board: Second Thursday of  
the month at 4:30pm  
FCOA : Third Thursday of the  
month at 3pm

#### **Council On Aging Mission Statement**

*To advocate for older adults, to  
identify their needs, to meet their  
health, economic, social and cultural  
needs, to encourage maximum  
independence and to improve their  
quality of life.*

We are FACEBOOK & Twitter

## ~TRANSPORTATION~

**IN-TOWN TRANSPORTATION:** FREE transportation is available to residents age 60 and older when traveling *within Amesbury*. The COA schedules for all in-town transportation. All requests must be made at least 2 *business days in advance* and callers must provide information such the address where you are going. In-town transportation is perfect for traveling to the senior center, shopping, etc... On Fridays at 1pm the bus takes you to Market Basket in Newburyport. Rides are scheduled on the half hour/hour based on availability. If you are in need of a ride, please contact the Amesbury Senior Community Center.

**MERRIMACK VALLEY REGIONAL TRANSIT AUTHORITY (MVRTA):** Offers EZ Trans – curb to curb wheelchair accessible, shared ride service for residents traveling outside of Amesbury. Transportation is offered to: Andover, Amesbury, Haverhill, Lawrence, Merrimac, Methuen, Newburyport, North Andover and Salisbury. EZ Trans also offers ADA service to those who are disabled. Contact Doreen at 978-388-8138 to fill out an application or call MVRTA 978-469-6878 Office of Special Services (select option 3 on the menu when prompted) to schedule a ride.

**BUS TICKETS:** MVRTA charges \$20.00 for 10 one-way rides using EZ Trans. For your convenience we offer these books on sale at the center.

### **MVRTA: Medi-Ride**

The Merrimack Valley Regional Transit Authority (MVRTA) has a Medi-Ride transportation service for MVRTA Special Services customers to travel from the MVRTA service area to the Lahey Clinic in Peabody and to 14 hospitals in the City of Boston for access to their medical appointments. The service currently serves the greater Newburyport area (including Amesbury) on *Thursdays*. If your medical appointment is on a day other than Thursday, please call the Office of Special Services and they will do their best to accommodate you.

All medical appointments in Boston should be scheduled between the hours of 11:00 AM and 1:30 PM and all medical appointments at Lahey Clinic in Peabody should be scheduled between the hours of 10:30 AM and 2:00 PM. The van will be departing Boston and Peabody no later than 3:30 PM. The rate of fare for all MVRTA Special Services eligible individuals will be \$8.00 cash one-way or \$16.00 cash round-trip. Any customer may have one companion accompany them for a fare of \$4.00, on a space-available basis.

MVRTA Special Services customers may make a reservation for this service by calling the MVRTA Office of Special Services at telephone (978) 469-6878, "Option 3". Reservations may be made no more than 14 days in advance of the date of service, but at least one week (seven days) prior to the day of the trip.

**NEET: Northern Essex Elder Transport** is available for out-of-town medical appointments. If you are not able to use MVRTA and have no one to take you to your medical appointment, please call Jeanne G. @978-388-8138 and leave her a message. Please request a ride at least 2 working days before your appointment. Contact Cathy Fairchild at NEET 978 388 7474 to become a driver. *Be a NEET Volunteer!*

### **PT 1: Mass Health Medical Transportation**

If you are on standard Mass Health you may be eligible for medical transportation to your physician appointments for FREE. Contact your Primary Care Doctor to sign up for this, this includes trips to Boston. If you want more information please contact Annmary or Doreen at the Senior Community Center.

## ~INTERGENERATIONAL PROGRAMMING~

Everyone benefits from intergenerational programming. It keeps seniors involved in the community and also keeps them active and engaged which helps maintain physical and mental health. At the same time, youth are exposed to positive role models, which enhances communication and decision making skills

**YARD WORK/SNOW SHOVELING:** We have partnered with several organizations as well as have several people who have been listed as people you can pay. *For an updated list please call or stop by the senior center.*

## ~VOLUNTEERING AT THE SENIOR COMMUNITY CENTER~

The Senior Community Center is always looking for volunteers to assist in a variety of ways: greeting, reception, friendly home visiting, telephone reassurance, and more. Come volunteer with us and build your skillset. Knowledge is power. If you are interested in becoming more involved in your community we would love to have you join us! Please contact Jeanne Marie at the Senior Community Center for more information or to make an appointment.

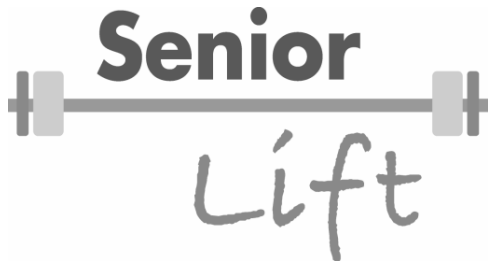


### **Gray Matters**

**Airing on Channel 12  
Tues 4pm, Wed 9:30am**

**Thurs 7:30pm & Saturday 9am**

Come and meet Annmary Connor, COA Director as she meets with special guests each month. Learn more about the services and resources available to you and your family.



### **Senior Lift**

**Airing on Channel 12  
Sun 8am, Mon 3:30pm, Tues 11am,  
Wed 10am, Fri 4pm & Sat 8am**

Join Doreen Brothers Outreach Worker and Certified Personal Trainer and friends. To get started or continue on the path to wellness, join them at least 3 times per week.

### Memorials

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to support programming, activities and services. In memory /honor of a loved one donations will receive acknowledgement in the COA monthly newsletter. Families will be notified of your generous contribution. Please make checks payable to: Friends of the Amesbury COA.

Please accept my donation of \$ \_\_\_\_\_  
\_\_\_\_\_ in memory of \_\_\_\_\_ in honor of \_\_\_\_\_

Send letter to: \_\_\_\_\_

Donated by: \_\_\_\_\_

Thank you

**~ HEALTH & NUTRITION ~**

**ALL SAINTS CHURCH:** *Saturday 9:30am- 11am* FREE weekly hot breakfast meal.

**BROWN BAG:** *Tues, 1st of the month.* A FREE bag of food provided by Elder Services of the Merrimack Valley, contact the senior community center to find out if you are eligible.

**COMMUNITY ACTION:** Residents of Amesbury & Merrimack are eligible to use the FOOD PANTRY at Community Action in Amesbury located at *44 Friend Street*.

**HEALTH NURSE:** *Tues, 10:30am, 3xper month.* Stop in to address questions related to your health

**HEARING CLINIC:** *Tues, 2nd of the month.* Call 978-388-8138 to schedule an appointment.

**FOOD DROP-OFF AT HOUSING:** USDA/Brown Bags dropped off at Heritage Towers and Powow Villa and available to those who live in senior housing. Pre-registration is required. Contact Our Neighbors Table at 978-388-1907 to find out if you are eligible.

**HOME DELIVERED FOOD:** Weekly, in collaboration with ONT . If you are homebound please contact Doreen Brothers and find out if you are eligible for home delivered food.

**MEALS ON WHEELS:** *Mon-Fri, Lunch* available for homebound elders. Call Elder Services of Merrimack Valley at 1-800-892-0890 Ext 490 to make arrangements.

**MEAL SITE:** *Mon-Fri, 11:20am,* Lunch is served at the senior community center. Suggested donation is \$2.00 per meal for persons 60 & older, or \$4.50 for under 60. Reservations are required and should be made 2 days in advance. Remember to call if you are unable to attend. Contact *Jennifer*, Meal site Manager, at 978-388-8138 ext. 549 between 9am and 11am.

**OUR NEIGHBORS' TABLE:** *Wed, 4pm- 6pm.* Free nutritious meal at Main St. Congregational Church. The MVRTA transports people to these meals. The Food Pantry is open *Fri, 10:30am– 1pm and Sat 9:30am– 12pm.*

**PODIATRY CLINIC:** *Mon, 4th of the month.* The fee is \$30.00/visit. Dr. Skinner is also available to provide foot care *at home* for seniors for \$50.00/visit. Call to schedule an appointment.

**PODIATRY/ FOOT CARE:** Are you having trouble paying for orthotics? Podiatry? Specialized shoes? You may be eligible for assistance through a grant funded by the Amesbury Health Care Trust. Maximum is \$150 per person. Please contact Doreen or Annmary for more information.

**PRESCRIPTION ASSISTANCE:** If you need help paying for prescriptions please contact Doreen or Annmary to find out if you are eligible for reimbursement. Made possible by grants from the *Class of 1955* and *Central Congressional church*.

**SNAP:** (Supplemental Nutrition Assistance Program) Helps those who are low-income buy the foods needed for good health, such as fruits, vegetables and whole grains. To sign up call the Senior Community Center to schedule an appointment with Doreen.

**USDA:** (Food and Nutrition Program) Second and last Fri. and Sat. of the month pick-up at Our Neighbors Table. 1st Tues and 3rd Wednesday delivered to Heritage Towers,& Powow Villa. (Pick up in the community room) Contact Our Neighbors Table at 978-388-1907 regarding eligible.

**OUTREACH/CASE MANAGEMENT:** Amesbury residents are eligible for social services to address a variety of different care management. Please schedule an appointment with one of the staff/ interns.

**Interns:** The COA partners with many different colleges and university, this allows for the development of new programs and the ability for more in-depth case management.

**~ SUPPORT GROUPS AND SUPPORT SERVICES ~**

**LOW VISION GROUP:** *1st Thurs. of the month, 1pm– 3pm.* This group provides an opportunity to learn about eye conditions, develop strategies for dealing with everyday challenges related to sight and support those experiencing similar challenges. If you have vision loss due to a diagnosed visual condition, consider joining us. Please contact Doreen for more information.

**MEN'S GROUP:** *Fri 9am- 11am.* Any area of concern can be discussed. Group members are caring & supportive. Confidentiality is maintained. Please contact the COA Director. Thank you Andyman Bakery for the coffee and pastries. Cost \$10 per month.

**ACE CAREGIVER SUPPORT GROUP:** Offers 3 support groups each month, two in Amesbury and one in Groveland. Allows caregivers to come together for emotional, social and practical support. Participants must be a part of the ACE Caregiver Support Program. Call to sign up. ACE works in collaboration with our Greenleaf supportive day program.

**BEREAVEMENT GROUP:** are scheduled at different times throughout the year and facilitated by Merrimack Valley Hospice. See the newsletter for more details.

**OLDER BATTERED WOMEN'S GROUP:** A joint collaboration with GLSS Courtney Hutchinson, ESMV, Jeanne Geiger and the COA. Please contact Courtney at 781 586 8607 to find out more about this confidential group.

**FRIENDLY VISITORS:** These volunteers visit with seniors throughout the community in order to provide companionship and/or respite to caregivers. Volunteers are matched with local citizens by their interests and personality traits.

**FUEL ASSISTANCE:** The Low-Income Home energy Assistance Program (LIHEAP) has been available in Massachusetts to low-income households since 1977. Heating Assistance helps income eligible residents pay a portion of their heating bills between 11/1 and 4/30. To apply call Community Action at 978-373-1971 or Doreen at the Senior Community Center for assistance

**LEGAL ASSISTANCE:** Merrimack Valley– North Shore Legal Services offers FREE legal services to those age 60 and older. Priority given to greatest need. For assistance, call 1-800-427-2521.

**MEET THE LAWYER/ LEGAL CLINIC:** *Thurs 1x month, 8:30am:* FREE legal advice from Faith Delaney, a local attorney who works with senior citizens daily, specializes in Elder Law and has helped her own parents over the past several years. She can meet with up to 4 senior citizens each month for 15 minute intervals to discuss legal problems they may have. Faith cannot assist with credit card or criminal matters. Please contact the Senior Community Center to set up an appointment.

**RENT ASSISTANCE:** If you are past due on your rent and you have exhausted all of your financial resources, contact Community Action at 978-388-2570 as you may be eligible for the Emergency Food & Shelter Program (EFSP).

**SHINE:** (Serving the Health Information Needs of Elders): *Wed, 9:30am,-12:30pm.* This program assists elders with their health insurance needs. The SHINE Counselor assists Medicare beneficiaries of all ages including people under 60. Counselor Olyce Moore can help you process health benefit claims & complete applications. Call the Senior Community Center to schedule an appointment.

**VETERANS SERVICES:** Are you a veteran or the widow of a veteran? Have you ever served in the military? If so, you may be eligible for financial assistance and VA benefit programs. Please contact Kevin Hunt, Amesbury Veteran Service Agent, at 978-388-8136 to see if you qualify.

**GREENLEAF SUPPORTIVE DAY PROGRAM:** This program is offered Monday through Friday 9am to 3pm with a daily fee for members of the ACE program. Call for more details. \*Contracted with ESMV.\*

**~ARTS, CRAFTS, CARDS, GAMES, & MORE~**

**ART WITH CARA:** Budding artist? "Art with Cara" will nurture you while the cold weather keeps you indoors with pencil, pastel, or paint. You choose and I'll teach you. Mondays 10:00 to 11:30. Fee \$5.00

**BINGO:** *Tues 12:15pm.* 50¢ per card. Located in the Senior Community Center Great Room.

**BLANKETS 4 KIDS:** *Tues 10am:* Help us make blankets for foster children. These blankets are being made by the tender loving hands of local residents . For more information please contact Annmary Connor.

**BOOK CLUB:** *Tues, 2nd of the month, 10am– 11am.* Join the club to rediscover classics as well as popular new works. Books are provided and can be found in the Senior Community Center library.

**BRIDGE:** *Thurs 12:30pm.* A small and enthusiastic group - looking for new players. They will teach you how to play!

**BUSY NEEDLES:** *Tues 9:00am. Wanted* - Individuals who love to crochet, needle work or knit. Hand crafted items on display at the Senior Community Center lobby and available for purchase. Items include sweaters, hats, blankets, scarves etc. Proceeds help support the Center.

**CARDS:** Please tell us at the Senior Community Center when you, a family member or friend are sick or not feeling well so we can send a *thinking of you* card.

**GAME TIME:** *Fri 12:30pm-3:00pm.* Join in a game of cribbage.

**IRIS FOLDING:** *Thurs 9:30am .* Make your own greeting cards by trying your creative hand at Iris Folding. \$2 fee per class. This is a detailed, independent activity with supervision. Contact Jeanne, the instructor.

**OIL PAINTING:** *Fri 12:30 pm-3pm.* The fee is \$20.00 for 6 classes. Pat Lambert is the instructor.

**POSTAGE STAMPS:** For your convenience the Senior Community Center sells single stamps or books of 20 Forever stamps. We also have applications available if you wish to purchase your stamps by mail.

**WATERCOLOR PAINTING GROUP:** *Wed 9:30am.* Painters of all abilities are invited to join.

**Wii BOWLING:** *Mon 9am.* Join other players in the Senior Community Center Game Room located on the 2nd floor. Once per month players challenge seniors from the Merrimac senior center. Day, time and location vary each month. Please call to find out more.

**~INSTRUCTION~**

**COMPUTER CLASSES:** Are offered are various cycles in our computer lab. Call to see when the next session is running

**COMPUTER ROOM:** Available to seniors *Mon thru Thurs 8am– 4pm & Fri 8am-3pm*, except when computer classes are being held.

**"OUR TOWN:"** airs weekly on Channel 12 every Thursday at 7pm and Friday at 11:30am. Check out this program produced by *Larry Frost*.

## ~FITNESS / WELLNESS PROGRAMS~

**CHAIR YOGA :** *Thurs 8:30am– 9:30am*, FREE. Whitney Willman provides Yoga instruction to older adults with a wide range of abilities. These classes are being sponsored by Maplewood Care and Rehabilitation Center who is committed to short term rehabilitation, getting you stronger and keeping you active and healthy.

**EXERCISE CLASS:** *Mon and Wed 1:00pm*, \$3 per class. Come and join Doreen on Mondays and the YWCA instructors on Wednesdays at the Amesbury Senior Community Center for fitness fun.!

**LINE DANCING:** *Thurs 1pm*, \$3 per class. Come and have some fun learning the steps with Geri Mullen.

**TAI CHI:** *Fri 9:30am*, \$4 per class. Come and learn the way to inner peace through Tai Chi with Petra Horgan.-except the first Friday of the month.

**ZUMBA:** *Thurs 10am*, \$3 per class. A fitness program comprised of Columbian dance. Join Kerstin Olson from the YWCA and fellow seniors for this new, fun form of exercise!

**MEDITATION:** *Wed 10am* Buddhist philosophy and practice, some yoga style warm up exercises, a few minutes of Qigong exercises, a breathing exercise, some chanting and Pure Land meditation. Exercises are very gentle and designed to relax the body. Sitting on chairs, lying down, or kneeling are all fine. Wear comfortable clothes. The Teacher: John Lalumiere has been teaching for several years and practicing meditation since the 80's when he met his first teacher.



### Amesbury Caregivers Essentials

The Amesbury Caregiver Essentials program offers the following when you are a member:



**Amesbury Caregiver Essentials is a program that provides caregivers with the resources needed to manage the stress associated with caring for a loved one through case management, education and social and emotional support. ACE is FREE to Amesbury residents and all support groups are FREE to anyone who would like to join. Out of Town Residents can become members at a small cost. If a member of your family is a member of Greenleaf all ACE fees are waived regardless of location.** In order to promote good mental and physical health for you and your loved one, services can include: Case management for you and your loved one, educational seminars, support groups, social dinner events, and other health and wellness events. All events are located at one of our working sites, Amesbury or Groveland.

**Greenleaf Supportive/Social Day Program:** The Greenleaf Supportive/Social Day Program offers each participant socialization and meaningful recreational activities as well as supervision, nutrition and support services in a community-based setting. The program is designed to allow participants to continue living in their homes as independently and as long as possible. Greenleaf will also provide each caregiver with the respite needed to continue working, attend support programming, care for their family and attend to their own well-being. **\*Offered Monday through Friday 9am to 3pm with a daily fee for members of the ACE program. Contracted with ESMV. Call for ACE staff for funding options.\***

**Caregiver Support Groups:** Free social support for Caregivers. Caregivers meet and share life stories.

**Seminars and Speakers:** Education for Caregivers: ie. 5 wishes documents, Alzheimer's, and Parkinson's topics.

**ACE Tele Check-In Program:** Volunteers make Weekly or Bi-Weekly check-ins by phone.

**Friendly Visitor Program:** Volunteers paired with clients based on personality in the Amesbury area visit clients home weekly or Bi-weekly.

**After ACE Program:** a one year membership for clients who are transitioning out of the program after a loss of a care recipient. This service allows these participants to attend any or all ACE related events, while maintaining a relationship with staff, and offering access to a bereavement group. We will also assist you in finding any services you may need for yourself and your family.

If you would like more information about any of ACE services please contact Vanessa Kahrman; 978-388-8138 x 544.

# FRIENDS OF THE AMESBURY COUNCIL ON AGING (FCOA) Annual Membership

If you desire to become a member or want to renew, please complete the application below and mail with \$6.00 per person for the year (Friends fiscal year runs from July 1 to June 30). To have the Carriage Town Senior Newsletter mailed to your home is an extra \$8.00 per year. **The FCOA supports all the activities at the senior center— be a member!- No age restriction!**

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Fill in amount included:

FRIENDS \$6 \_\_\_\_\_  
NEWSLETTER \$8 \_\_\_\_\_  
Total Enclosed \$ \_\_\_\_\_

Please mail check to: Friends of the Amesbury Council on Aging (FCOA), 68 Elm Street, Amesbury, MA 01913 or hand to the receptionist on the second floor

## MERRIMACK VALLEY

HEALTH CENTER

**A Skilled Nursing and  
Rehabilitation Center**

22 Maple St.,  
Amesbury, MA 01913

**978-388-4682**

[www.merrimackvalleyhc.com](http://www.merrimackvalleyhc.com)

*Where caring is our  
guiding principle*

## E.V. Jutras & Sons

**Funeral Home**

**Pre-Need Services**

118 Friend Street  
Amesbury, MA 01913

**388-0430**



**Genesis**

HealthCare™

**Nicole  
Goodwin**  
Director of  
Admissions

## Maplewood Center

6 Morrill place, Amesbury, Ma  
978-388-3500 ext. 4011  
[www.genesisihcc.com](http://www.genesisihcc.com)

## VERMETTE'S

**Fancy Meats ~ Vegetables  
Groceries ~ Beer & Wine**  
6 Pond St., Amesbury  
**388-0320**

## SPACE FOR SALE

**CALL 603-601-8047**

[seniornewsletter@aol.com](mailto:seniornewsletter@aol.com)

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,  
7 PHILBROOK TERRACE  
HAMPTON, NH 03842

## Assisted Living Center ~ Salisbury

**An Affordable Solution  
to Your Assisted Living Needs**

- When you are seeking a *safe* alternative to living at home alone, turn to the *Assisted Living Center – Salisbury.*
- When you are looking for a *socially stimulating* environment, turn to the *Assisted Living Center – Salisbury.*
- When you are searching for an all inclusive, *affordable* senior residential alternative, with your own private unit & bath, turn to the *Assisted Living Center – Salisbury.*

## Assisted Living Center – Salisbury

**Where you Can Have it All  
Where you Can Afford it All**

**(978) 463-9809**



Ask about our:

**Medicaid Programs  
Veteran's Programs**

19 Beach Rd. • Salisbury, MA 01952

[www.assistedlivingcenter.org](http://www.assistedlivingcenter.org)

*Your first choice in rehabilitation since 1982!*

Since 1982, this family owned healthcare organization has provided premier rehabilitation services that incorporate family values into daily practice. For extensive rehabilitation services that put you first, choose Whittier!

**INPATIENT, OUTPATIENT AND  
HOME HEALTHCARE SERVICES**

Member-Whittier Health Network

**WHITTIER**

Rehabilitation Hospital

(978) 372-8888 • [www.whittierhealth.com](http://www.whittierhealth.com)

145 Ward Hill Avenue, Bradford, MA 01835

Referrals & Admissions please call (800) 442-1717

- Comprehensive Rehab Services
- PT/OT/TR/Speech
- Complex Wound Care
- Vent Weaning
- Stroke/Brain Injury Program
- 5 Bed Dialysis Suite
- Aquatic Therapy
- Day Rehab Program
- Memory Clinic
- Pulmonary Program
- Orthotics/Prosthetics
- Pet Assisted Therapy
- Podiatric Therapy